For Children
1 Year of Age

What Your Child Will Receive Each Month

- 4 gallons whole milk
  - or 3 gallons whole milk, 32 oz whole milk yogurt, and 1 lb cheese
  - or 3 gallons + 1 quart whole milk and 1 lb cheese
- 36 oz breakfast cereal
- 2 lb whole grains - choice of 100% whole wheat bread, pasta or tortillas; brown rice; corn tortillas; oats or oatmeal; or bulgur (cracked wheat)
- 128 oz fruit juice
- 1 dozen eggs
- 1 lb dry beans or four 16 oz cans of beans
- $9 for fruits and vegetables

Florida Department of Health, WIC Program
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